

Early Heart Attack Care (EHAC)

FACTS:

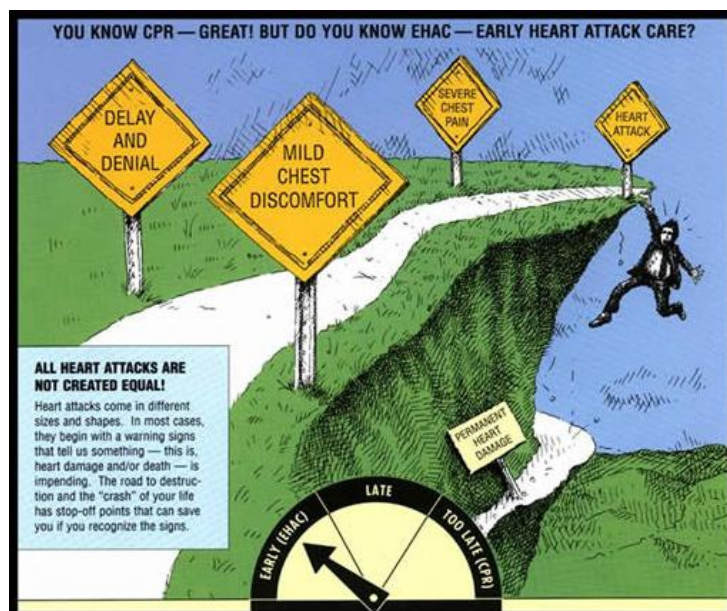
- Heart attack is the number one killer of the adult population in the United States.
- In more than half of the cases, the heart attack can be prevented with early treatment – before damage to the heart can occur.
- In many cases, the early symptoms of heart attack do not knock the person to the ground with a cardiac arrest or cause severe chest pain.

HEART ATTACK SYMPTOMS:

Specific Heart Attack Symptoms	Non-specific Heart Attack Symptoms
<p>Chest Pain</p> <ul style="list-style-type: none"> • May be described as: <ul style="list-style-type: none"> ○ Chest discomfort ○ Chest pressure ○ Chest ache ○ Chest burning ○ Chest fullness • May start or worsen with exercise or be relieved with rest or nitroglycerin 	<ul style="list-style-type: none"> • Shortness of breath • Nausea/Vomiting • Indigestion • Dizziness / nervousness • Clammy / Sweating • Discomfort not located in the chest, but may be located in the neck, jaw, ear, arm or stomach area • Fainting • Feeling of DOOM • Weakness / fatigue

HEART ATTACKS HAVE BEGINNINGS:

- These “beginnings” may consist of milder chest symptoms that seem to come and go...
- Many people with these milder symptoms ignore them
 - “It’s only heartburn. I’ll wait it out.”
 - “It’s nothing really serious. I’ll just rest a bit.”
 - “I’m too busy. I don’t have time to be sick!”
 - “If it turns out to be nothing, I’ll be embarrassed by the fuss made...”



THE RIGHT THING TO DO:

- Have early symptoms checked out. If you are a friend, family or bystander, suggest symptoms be checked out. Better safe than sorry!
- Call 911. Paramedics have excellent evaluation tools.
- If he or she refuses to seek help, enlist friend or family members to help you convince them.
- Be personal and persistent. Sit, talk and try to relieve any tension and ***don't go away!***
- When he or she agrees, congratulate them on their good judgment.
- If all else fails, take charge and be aggressive about getting the person to the hospital.

RECOGNIZING THE SIGNS AND SYMPTOMS OF A HEART ATTACK SAVES LIVES!!!

ACT WISELY!

- A** ***Acknowledge*** the problem
- C** Be ***Calm***
- T** Be ***Tenacious*** and do not give in

- W** Be ***Willing*** to spend the time
- I** Be ***Influential***
- S** Keep it ***Simple***
- E** Be ***Empathetic***
- L** ***Link*** the patient with early symptoms to medical care - CALL 911
- Y** Say ***Yes*** – I'll pay attention